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Government
Education

Melrose High School Newsletter



"A community of learners building on a tradition of excellence"

Issue 6: 19 May 2017

Leadership Team News

Next week we will reach the half way point for the term, hump week! Time has flown past so quickly and students are knee deep in assessment tasks, excursions, carnivals and experiential learning.

Since the beginning of Term Two we have welcomed two new staff members to the Melrose High School (MHS) community and we are looking forward to continuing to work with Matthew Madsen and Michelle McFadyen in English and HaSS for the rest of the year.

Some of the highlights for this term so far have included:

- Year 8, 9 and 10 ACE Science students have had the opportunity to hear from industry experts each week as they have participated in Science Seminars each week
- Over 50 students attended Band Camp at Birrigai to collaborate and prepare for upcoming performances
- Over 30 students participated in the Australian Geography Competition. The Australian Geography Competition is a contest for Australian secondary school students, assessing their geographical knowledge and skills. The Competition aims to encourage student interest in geography and to reward student excellence and we are looking forward to hearing about the results.
- School Cross Country & Sports Assembly – Wednesday 10 May 2017 gave students and staff beautiful weather to participate in the cross country. Mr Proctor, Mr McIntosh, and Mr Kay joined in with the students and Mr Proctor was pipped at the post by Year 10 student, Adam Khairi. Students were excited to hear from ex MSH student and Olympic Bronze medallist, Nathan Hart at the Sports assembly.
- Over 220 students attended the Year 6 Orientation Days and participated in the activities with MHS teachers and Year 10 Leaders.
- Open Night on 11 May 2017 was a great success with families filling the Hall for the Principal address and spending the next couple of hours captivated by the exciting activities and opportunities available at MHS
- NAPLAN – Year 7 and 9 students participated in testing over three days
- Over 30 students participated in the Big Science Competition. The Big Science Competition is an easy way to challenge students from years 7 to 10; it's a 50 minute, 30 multiple choice competition testing critical thinking and problem solving skills, not just factual recall, so you can find out what's really going on inside their heads. Questions are set in real-life, contemporary contexts, making them relatable (and interesting).
- Thinking Carnival - over 230 Year students 6 students from Arawang, Farrer, Mawson and Torrens Primary Schools used the Solution Fluency to answer the question: How can we help? This was the second time students had come together at MHS to solve real world problems. In 2016 the same students attended the inaugural Thinking Carnival which is showcased in short digital production that can be viewed here: <https://youtu.be/SEPqNQH4h-w>
- Over 15 students have participated in the Australian Indigenous Mentoring Experience (AIME) programs. AIME is an educational program proven to support Indigenous students through high school and into university or employment at the same rate as all Australians. Check out the AIME Mentoring program here: <https://aimementoring.com/>.

This is just a snapshot of some of the things have been involved in over the past four weeks and we continue to engaged our community in meaningful learning experiences and provide access to opportunities to learn beyond the MHS campus.

Please keep an eye out for an invitation to be part of our community consultation as we reviewed the schools' RESPECT values and the Uniform Policy.

We look forward to continuing to work in partnership with you to enhance the learning outcomes and support the wellbeing and conduct of all members of the MHS community.



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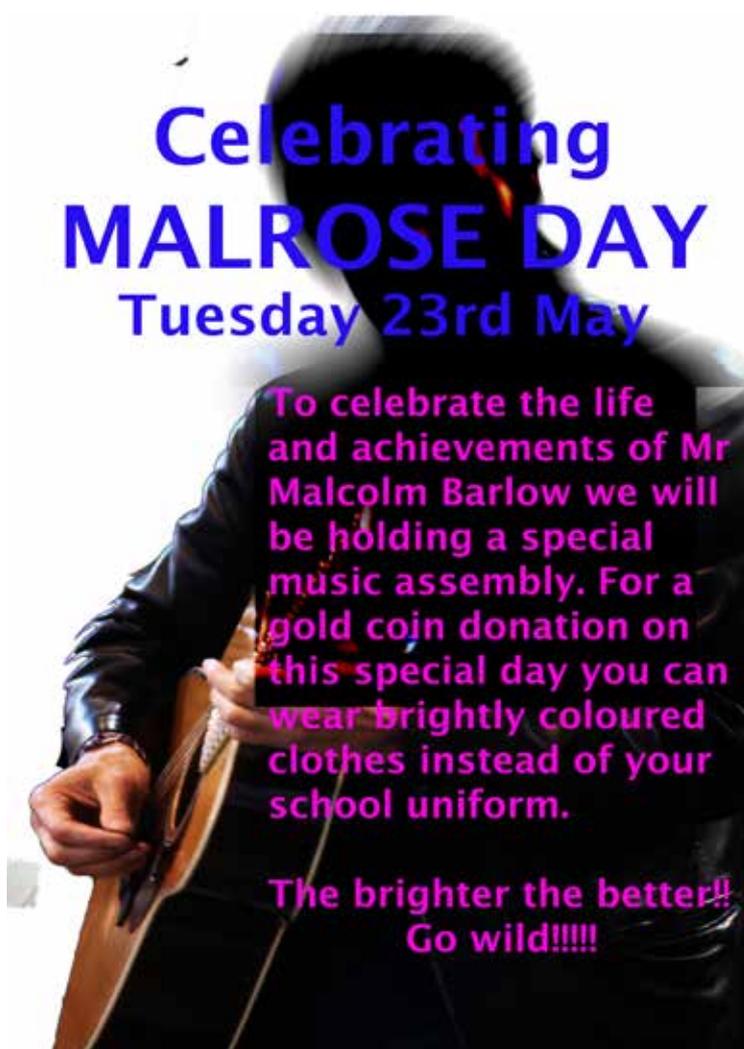


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MALrose Day

Tuesday 23 May 2017 will be Malrose Day at Melrose High School and we will be holding commemorative assembly to celebrate the life and achievements of Malcolm Barlow and recognise his contributions to education. Malcolm was a member of the Melrose community as a teacher, a colleague and a friend. His contributions to the education of children is outstanding. Through his passion for music he engaged students in performance and developed their musical skills. His happy nature, welcoming smile and his innate ability to put people at ease made every person smile and brought laughter to the ears of everyone and he will always be celebrated for these qualities.

To honour Mal and to showcase his unique and colourful style of dress, students are encouraged to wear brightly coloured clothes and Hawaiian shirts in place of their school uniform for Malrose Day. The gold coin donation will go to help others battling with cancer so that families and communities can come together to celebrate and fund research so that one day we find a cure.



For your Information

Calendar Updates

The most recent version of the Melrose Calendar can be found on the Website at http://www.melrosehs.act.edu.au/our_community/calendar

Sick Bay

If students are unwell they must go to sickbay, with a note from their teacher. The Front Office Staff will contact parents/carers if needed. The students are NOT to contact parents themselves and then go home. If your child contacts you asking if they can go home sick, ask them to get a note from their teacher to go to sick bay and the Office Staff will then contact you. Thank you in advance for your support.

Student absences

If your student is absent, due to illness or leave, or needs to attend an appointment during the day, please either phone the Rolls Office on 6205 7603 and leave a message or email the Rolls Office at rollsoffice@melrosehs.act.edu.au. Please remember to include the student's full name, roll group and reason for absence (ie. sick, late or on leave) as well as your contact details.

Online Canteen ordering

Register now. Go to <http://www.flexischools.com.au>

Lunches can be ordered online up at 9:30 am on the day they are required.

Lockers

Lockers are available to students at a cost of \$30 per year. Students wanting to hire a locker will need to provide a lock with a shaft between 6-8mm. A key or combination locks are acceptable. Students need to bring their lock, payment and the spare key or the combination to the finance office before a locker will be allocated. Students can come to the finance office before school or at recess or lunch time.

FINANCE - Direct deposits

Direct Deposit payments can be made to the following account:

Bank: Westpac

BSB: 032-777

Account Number: 001658

Account name: Melrose High School Management Account

Online Payments facility

Families now have the option of using the Online Payments facility, provided to the school by Westpac Bank, to make secure credit card payments for voluntary contributions, school excursions and events and other activities. Each family will have received information and a card via the post, with student and family key details on it. Please keep this information handy as you will need it each time you access the payments facility. The link to access the payments facility is <http://www.melrosehs.act.edu.au/payment>

Payments may still be paid by direct deposit (see information above), or in person at the Finance Office.

		Melrose High School https://www.facebook.com/MelroseHSCanberra
		Melrose School Library https://www.facebook.com/MelroseHSLibrary
Connect with us and keep up to date with what is happening around the school		Melrose Magazine https://www.facebook.com/Melrosemagazine

Student Services news

Uniform

As the cooler weather is here we would like to encourage all students to continue to wear school uniform. Navy blue or black jacket, jumper or hoodie, preferably with the school logo. No large logos allowed.

Late students

A number of students are arriving late to school every day. Please encourage organisation and punctuality, assisting students to be here on time and prepared for learning. If a student is being dropped to school late due to special circumstances please let the Rolls Office staff know (ph: 6205 7603).

Positive programs to support and encourage students:

- Thank you to all the students volunteers who helped with Open Night. You were such great ambassadors for our school. Well done.
- We are running a group for Years 8 and 9 students called Choosing Respect. This program is run by the PCYC and focusses on respectful relationships with woman. The students involved have had two sessions and have provided very positive feedback.
- **Swing into life** - a group of Year 9 students went to the Swing into life program on the 16 May. It is an outdoor adventure course. The students focussed on following instructions, trying new things and working together as a team. This was a fantastic experience with all students enjoying getting muddy and soaked with their Year Co Lucy Sedlacek.
- **Kulture Break** dance group- students are working with Kulture Break on a dance that will be performed later on in the year.
- **Friendship group** – a number of students are participating in a friendship group, in this group we are working together on practical activities, while talking about and practicing being good friends. Students have learnt to tie dye, made brownies and have been practicing paying compliments and being aware of personal space.

Pending Truancies

This is a reminder that an email is sent to all students and parents if they have been recorded absent for a class that they were expected to attend. Students need to follow up on these absences using the slips that are available at the Front Office.

Please remember that if you need to contact Student Services to report an incident you can do so directly via email URSafe@melrosehs.act.edu.au



Report – Cyberbullying

From <https://www.thinkuknow.org.au/>

Are you a victim of cyberbullying?

No one is immune to cyberbullying, including celebrities, athletes, politicians, and maybe even you. Cyberbullying is the use of technology to undertake deliberate, repeated behaviour with the intent to cause harm.

This can be done by an individual or group you may or may not know. Cyberbullying may involve ‘trolling’, abusive language, intimidation, threats and humiliation.

It is challenging to prevent as most people have 24/7 direct access to mobile phones and the internet. It can occur outside of school and after hours.

If your child is being bullied

- In the first instance cyberbullying should be reported to the website, app or social media platform on which the cyberbullying has occurred.
- Collect evidence of cyberbullying and include it when submitting a report. Examples of evidence you could collect include screenshots, videos, chat logs and web addresses.
- Keep a record of this report and the date and time that it was submitted.
- You can also make a complaint to the Office of the Children’s eSafety Commissioner. They can help you to work with social networking sites to remove serious cyber bullying content. Visit the [Office for Children’s eSafety Commissioner website](#) for more information.
- You may also wish to consider reporting the incident to your child’s school if it involves other students from the same school.

Here’s a little plan we suggest you follow:

1. Collect evidence – take screenshots, copy the URL
2. Report the cyberbullying material to the social media service
3. If the content is not removed within 48 hours, report it to the Office of the Children’s eSafety Commissioner <https://report.acorn.gov.au/>

If you are over 18 the incident can be reported to your local police and the Australian Online Cybercrime Online Reporting Network (ACORN).

If a child is in immediate danger call Triple Zero (000)

There are also ways you can build your children’s understanding of the issue and help them understand who and when to get help. We recommend you suggest how the below tips may help your family.

ThinkUKnow top tips:

- Make sure your child knows how to block on every site or service they use
- Help them to build resilience against one-off incidents
- Make sure your children know that they can talk to someone, even if it’s not you. Asking for help is a good thing!

For more information see the Cybersafety Factsheet at the end of this newsletter.

Melrose High School Cross Country Carnival

The Melrose High School Cross Country Carnival was held Wednesday afternoon 10 May. The weather was perfect and the competition was fierce! The girl's race started at 2pm and it ended up as one of the closest finishes in recent memory. Year 8 student Sarah Rogers was leading with only 50 metres to go only to be passed by Year 9 student Sharon Chao. A fast finishing Abby Higgins of Year 7 only just passed Sharon in the last 2m of the 3k race to take the victory!

The boy's race started at 2:30pm and Year 10 Nathan Perry set a very early fast pace with Daniel Atem of Year 9 and Year 10 Adam Khairi close behind. After the 1 kilometre mark Adam surged to the front and pulled away to win with Daniel 2nd and Nathan 3rd.

At the Sports Assembly on Friday our guest presenter was former Melrose student and RIO Olympian Nathan Hart. Nathan flew in from the Australian Institute of Sport in Adelaide for our assembly. We recognised our age swimming champions, our junior basketball teams from ACT, and our top 5 place getters in each age group from the cross country carnival. There were also a variety of prizes given away to all those that competed on the day. The top 10 place getters in each age group have now qualified for the Southside Secondary Carnival which is scheduled for Tuesday 23 May.



The House results were as follows:

- 1st Wallara
- 2nd Noola
- 3rd Bataba
- 4th Mankina

Congratulations to all those that competed on the day!

Writer's Workshop

Melrose High is now running a Writer's Workshop for students! Every Thursday at lunch the keen writers of Melrose scramble up to room 304 to sharpen their creative writing skills with Mr. Madsen. The Writer's Workshop allows students the chance to share pieces that they want to continue to develop and provides an opportunity to receive feedback from their peers. The club is working towards publishing a collection of works created by students at Melrose High, ranging from poetry to short stories to playwriting.

Melrose High will be holding a writing competition during Book Week in week 5 of term 3, which will be open to all students. The Writer's Workshop offers students a space where they can work towards the competition and seek the advice of their peers and Mr. Madsen.

We had a great turnout for the first session, and would love to see even more avid writers this Thursday. See you there!

Host an International Student

Upcoming hosting opportunity - Taiwanese student for 10 nights (31 July to 9 August).

A major feature of Melrose High School is the generosity of the school community and we are held in high regard overseas for our acceptance of guests. Each year we host students from Taiwan and Japan and the families of those students are unbelievably grateful for the opportunity that their children have when they stay here with us. I am asking for families to try hosting a student and embracing our global partnerships to the benefit of those students and your own family. If you can host and would like to be added to the list of families, please contact the school (ph 62057588) at your earliest convenience.

Thinking Carnival 2017



Solving world problems



Presenting



Our wonderful peer leaders

Elective selection

The Year 9 and 10 students will make their elective selections for Semester 2 on Thursday 25 May. On the following page is a list of the units on offer. You can read more about each unit in the Electives Handbook (http://www.melrosehs.act.edu.au/_data/assets/pdf_file/0005/387887/2017_Elective_Handbook.pdf)

Students will need to log into their school account and make their selections via the Google Form. Students will be emailed the link to the form which will open at 4pm. Selections need to be complete by the end of the school day, Monday 29 May.

Unit selection:

- Everyone must select **ONE** and only one **core** PE unit.
- **MAGAZINE:** Yr 10 if you want a magazine at the end of the year then we need students to enrol in the Magazine Production class
- Some units are ongoing and some are stand-alone. You can only choose the following stand-alone units **ONCE:**
 - Forensic science
 - Medical science
 - Baking for beginners
 - International cooking
 - Food studies
 - Entertainment and hospitality

The following subjects require an additional application:

- Performance Drama ACE – See Mr Schmidt
- IT ACE – See Mr Cooper
- Visual Art ACE – see Ms Russell
- Outdoor Ed ACE – see Mr Lukins
- ESP – see Ms Tindall

Important access information:

- Make sure you are using **Google Chrome** as your browser
- Make sure you are logged into **YOUR SCHOOL ACCOUNT** not a personal Gmail. If you have repeated issues try going into your email via the Digital backpack (<https://backpack.ed.act.edu.au>)
- Once a class is full it will disappear from the list of options. Some classes fill very quickly. If you receive an error message when you go to submit your selections it is because the unit filled in the time it took you to submit your form. You will need to go back and make another selection.
- Make sure you tick the box at the end to send you a copy of your selections.

Year 9 Elective Selections		
B line selections	E line Selections	G line Selections
PE964 9/10 Sports Coaching (Elective)	PE994 9/10 Walk & Talk (Core)	PE932 9/10 Racquet Sports (Core)
PE992 9/10 Femme Fit (Core)	PE982 9/10 ESP (Elective)	PE902 Yr 9 PE (Core)
PE912 Yr 9 Fit for Life (Core)	PE912 9/10 Fit for Life (Core)	PE972 Yr 9 Team Sports (Core)
PE974 9/10 Team Sports for Boys (Core)	PE902 Yr 9 PE (Core)	AR958 ART Print Making & Drawing
PE976 9/10 Team Sports for Girls (Core)	AR942 Music Unit 2	AR922 Drama Unit 2
AR954 ART Painting & Drawing	IT982 3D Animation	SC993 Agriculture, Building and Community
AR972 Dance Unit 2	AR956 Visual Art ACE (Application)	IT942 Multimedia (Moving Images)
AR942 Music Unit 2	AR916 Graphic Design 1	TE972 Baking for Beginners
IT931 Multimedia Still Images	AR918 Graphic Design 2	TE914 International Cooking
TE918 Food Studies	SP916 Magazine Production	TE932 Creative Woodwork Unit 2
TE932 Creative Woodwork 2	TE942 Creative Metalwork Unit 2	LN914 Beginning Chinese
TE916 Entertainment & Hospitality	TE972 Baking for Beginners	LN912 Chinese Unit 2
PE952 9 Outdoor Education 2 (Elective)	TE952 Creative Textiles	LN934 Beginning Japanese
SP932 Astronomy	TE926 Leisure Wear	LN932 Japanese Unit 2
Non Selection (Big Picture students only)	SC941 Forensic Science	LN944 Beginning Indonesian
	SC924 Medical Science	LN942 Indonesian Unit 2
	Non Selection (Big Picture students only)	Non Selection (Big Picture students only)
Year 10 Elective Selections		
B line selections	E line Selections	G line Selections
PE162 Sports Coaching (Elective)	PE192 9/10 Walk & Talk (Core)	PE132 9/10 Racquet Sports (Core)
PE114 9/10 Femme Fit (Core)	PE122 9/10 ESP (Elective)	PE102 Yr 10 PE (Core)
PE102 Yr 10 PE (Core)	PE112 9/10 Fit for Life (Core)	PE112 Yr 10 Fit for Life (Core)
PE174 9/10 Team Sports for Boys (Core)	PE102 Yr 10 PE (Core)	AR158 ART Print Making & Drawing
PE176 9/10 Team Sports for Girls (Core)	AR116 Graphic Design 1	AR172 Dance Unit 4
IT131 Multimedia Still Images	AR118 Graphic Design 2	AR142 Music Unit 4
AR154 ART Painting & Drawing	AR120 Graphic Design 3	SC195 Agriculture, Building and Community
AR152 Performance Drama ACE (Application)	AR124 Graphic Design 4	IT142 Multimedia (Moving Images)
IT192 IT ACE (Application only)	IT182 3D Animation	TE132 Creative Woodwork Unit 4
TE118 Food Studies	SP116 Magazine Production	TE172 Baking for Beginners
TE132 Creative Woodwork 4	TE142 Creative Metalwork Unit 4	TE114 International Cooking
TE116 Entertainment & Hospitality	TE172 Baking for Beginners	PE155 Outdoor Education ACE (Elective)
SP132 Astronomy	TE123 Creative Textiles	LN114 Beginning Chinese
Non Selection (Big Picture students only)	TE126 Leisure Wear	LN112 Chinese Unit 4
	TE129 Fashion & Design I	LN134 Beginning Japanese
	TE128 Fashion & Design II	LN132 Japanese Unit 4
	AR112 Drama Unit 4	LN144 Beginning Indonesian
	AR142 Music Unit 4	LN Indonesian Unit 2
	AR156 Visual Art ACE (Application)	Non Selection (Big Picture students only)
	SC141 Forensic Science	
	SC126 Medical Science	
	Non Selection (Big Picture students only)	

MHS NEWSLETTER MAY 2017 – ACE SCIENCE AND MSATT

ACE Science Mentors continues to partner students with practicing researchers from a wide range of scientific disciplines, depending on their specific interest. In recent years, we have produced student reports of an increasing number, quality and sophistication. At the end of 2016, Science Mentors students produced a total of 24 reports in areas as diverse as psychology, physics, sports science and astronomy.

2017 is no exception, and is in fact on track to beat last year's record with a predicted total of 29 reports written by 26 students. As in previous years, new fields are opening up, depending on the interests of the students. This year we introduce archaeology, herpetology, forensics, and biotechnology to the programme. None of this would be possible without two things: the enduring support of the scientists and engineers who give up their time to tutor the students; and the admirable determination and capability of these higher achieving students. What's remarkable is the fact that the Mentors and students come together each year – around half of the students have completed projects in previous years – even though it involves far more work and dedication than is required to achieve a Year 10 certificate. Why do they work so hard to achieve these spectacular results? Because they can, and the opportunity is there for them to do so.

Feedback has been recently received from past students and parents who have gone through the ACE Science programme. Here's a few examples of ACE Science in hindsight.

“ACE Science not only set me up for college with a better grasp of high school science than most of my peers, but also encouraged me to be inquisitive and sceptical.”

Jasmine Schipp, BSc(Hons), former ACE Science student.

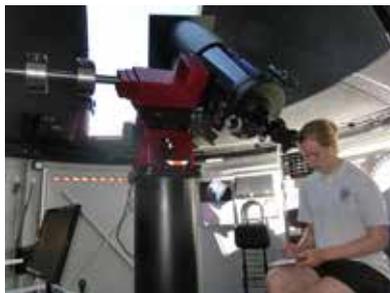
“ACE Science gave me the scientific grounding, knowledge and mind-set required to succeed in my studies during year 11 & 12 and go on to complete a double degree at the ANU in engineering and IT.”

Cameron Nelson, BEng InfoTech (Hons) engineer.

“ACE Science had an incredibly positive impact on me in high school. The programme inspired me to be curious, showed me the level of work I am able to produce, and introduced me to real life research. I am now studying physics and maths at ANU and the experience I gained from ACE Science has put me at a huge advantage, including being familiar with various lab equipment, knowing how to design quality experiments and how to write clear, critical reports. Furthermore, ACE Science gave me the opportunity to interact with scientists (through Science Mentors and Science Seminars) which enabled me to create very useful connections before I even came to University.” Josh Tomlin, former ACE Science student, now second year PhD student at ANU.

“ACE Science is important because it has proven time and again to not only teach science to students, but to change and challenge them in the way to make a better future for themselves... But considering it is an investment for the future of our next generation, I would really say ACE Science is priceless.” Estee Tee, BSc, PhD student, Science Mentor and Science Seminar Presenter, former ACE Science student.

Meanwhile at Mount Stromlo, MSATT continues to host students studying astronomical fields ranging from lunar morphometry (measuring the dimensions of features on the Moon) to monitoring dying stars and measuring the speed of light. The image shows an early attempt at lunar imaging by our own Casey Magnussen. Plans are in place for far higher resolution images.





Fact sheet

CYBER SAFETY top ten tips for youth

Follow us:  @ThinkUKnow_Aus  facebook.com/ThinkUKnowAustralia

The internet and mobile phones provide great ways to express yourself and communicate with others. It's important to make sure they're used responsibly so that everyone has an enjoyable online experience.

It's all about respecting yourself and others.

1. Use a **strong password**, a combination of upper and lower case letters, numbers and symbols, eg P@\$w0rd!
2. Use **secure web browsers**, those with https at the start of the URL and a padlock or other indication that it is secure, when sharing sensitive information.
3. Update your **operating system** regularly and make sure you have **antivirus** software installed on your computer and other devices – phones too!
4. Avoid opening or responding to emails from people you do not know and aren't expecting – They could contain a virus or malicious software.
5. Don't give out **private information** over the internet or mobile phones about you, your family and friends. Also think about what information might be contained in photos you share.
6. Only accept **friend requests** from people you know and trust. When it comes to friends and followers online it is not a popularity contest!
7. **Think before you post!** Once you've pressed 'Send' you can't get that back. Who might see that photo, video or comment? Where might it end up?
8. Make sure your social media accounts are set to **private or friends only!** Also make sure you check your privacy settings regularly as they can change without you knowing.
9. Tell your friends to ask for **your permission** before uploading or tagging you in a photo – Make sure you do the same!
10. Don't post **inappropriate or illegal** content - It is impossible to permanently delete digital content once it has been shared.

Most importantly, know where you can go for help! Speak to an adult you trust if something makes you feel uncomfortable online or on a mobile phone. You can also contact:

- Reach Out: www.reachout.com.au
- Bullying. No Way!: www.bullyingnoway.com.au
- Kids Helpline: 1800 55 1800
- Youth Beyond Blue: www.youthbeyondblue.com
- The **website, application or phone carrier** that you were using at the time



For more information visit www.thinkuknow.org.au



Being a parent is the hardest job we'll ever have. All parents at some time experience difficulties and stress.

Parentline ACT

is a confidential and free telephone and face-to-face counselling and information service.

Phone Parentline if you would you like:

- To talk with someone about those parenting issues.
- Help with some ideas on raising children.
- Support in the important job you are doing.
- To know what is available for parents, teenagers and children.
- To build better relationships in your family.
- Help to understand your child or teenager's behaviour.
- Make an appointment for a counselling session.

Parentline ACT.

Monday to Friday (except on public holidays), 9am to 5pm.

Phone: 6287 3833



Can Saver Plus assist you with high school costs?

Join Saver Plus and match your savings, dollar for dollar, up to \$500 for education costs including:

- school uniforms and text books
- computers, laptops and tablets
- excursions and camps
- sports equipment, uniforms and lessons
- music tuition and instrument hire.

You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 18 years old, have some regular income from work (you or your partner), and have a child at school or study yourself.

Contact Kathleen Watson, your local Saver Plus Coordinator
(02) 6283 7606 / 0448 730 305
kathleen.watson@thesmithfamily.com.au
or enquire online at www.saverplus.org.au

Saver Plus is an initiative of Brotherhood of St Lawrence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The Program is funded by ANZ and the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

ULTIMATE FRISBEE

Training is underway for anyone interested in representing the ACT at the Ultimate Frisbee U18 Youth Nationals and would like to represent the Bluebells (girls) or the Gang Gang (boys) or if you'd just like to learn more about the sport and want to come down for fun.

Trials/training: every Sunday from 3:00pm until 4:00-4:30pm at Alfred Deakin High on the oval. The squad will be selected by the coaches during these training sessions.